



WIC Informer

Pregnancy

Iron needs increase in your 5th month of pregnancy. By increasing your intake of meats, beans, and iron-fortified cereals, you can improve both your and your babies iron stores. Since the iron in meats is easily absorbed, and beans are high in fiber, try combining them in meals and snacks.

Link to www2.state.id.us/bean for bean recipes and cooking ideas.

Infant

SIDS (Sudden Infant Death Syndrome)

In addition to having your infant sleep on her back, research has found that body temperature may play a role in SIDS. When a baby's body temperature gets too high, they may stop breathing temporarily while they are sleeping. Parent's magazine lists the following recommendations:

Put baby to bed in footed jammies - without the blankets. No hats to bed. Keep the room temperature around 68 degrees. No smoking anywhere in the house. Avoid soft bedding including blankets, pillows and stuffed animals.

Breastfeeding

Study Information

Did you keep breastfeeding when everyone else thought you would quit? We want to hear your story!

Please take part in this important study to help other mothers.

The USDA is an equal opportunity provider and employer.

The study consists of a single telephone interview. Mothers must be currently breastfeeding and be a WIC participant (or WIC eligible). This study has been approved by the Graduate School of Arts & Sciences of the Union Institute in Cincinnati, OH. All information is confidential. Please call now! Claudia Johnsen at (413)736-0283 (Collect calls accepted. Please say you are from WIC.) If you have any questions email them to cjohnsent@map.com

Current Breastfeeding Legislation

The Breastfeeding Promotion Act, if passes, would:

*Protect Breastfeeding Under Civil Rights Law: Women cannot be fired or discriminated against at work for pumping milk or breastfeeding during lunch or breaks.

*Provide Tax Incentives for Employers: Tax credits to employers who set up pumping rooms.

*Minimum Safety Standards for Breast Pumps: FDA standards to keep pumps safe and useful.

*Allow Breastfeeding Equipment to Be Tax Deductible.

Contact your legislators and ask them to support HR285.

Toddler / Child

Mistakes Good Parents Make:

Bribing - we've all been so tired or frustrated as parents that we've offered a bribe for good behavior.

Parents who bribe give their children a tremendous amount of power. It allows a child to control situations by misbehaving (or threatening to). It's best to stop suddenly (tapering off makes things worse). Explain to your child that you'll no longer offer bribes. You can expect to be tested, so be sure to stick to your commitment. Catch your child behaving well, and ignore the misbehavior.

Protect Your Child's Teeth with Fluoride Varnish!

A free service to Medicaid/CHIP-eligible children.

Who: Children ages 6 months to 6 years

What: Fluoride Varnish will be applied on your child's teeth. This coating will help to protect teeth from getting cavities.

When: Fridays from 9:00 to 5:00.

Call 375-5211 for appointments.

Family

Following these tips could help prevent serious accidents.

*Don't store knives in a drawer. It's easy to forget they are there when you are in a hurry.

*Never put sharp knives in a sink full of water.

*Never attempt to catch a falling knife. Let it fall.

*Always use a cutting board. Never slice food while holding it in your hand.

Money saving tips and recipes.

www.miserlymoms.com

SingleRose.com is for divorced, widowed & never married women raising children alone. Articles include divorce recovery, dealing with anger, child support and custody issues. This site "strives to make the lives of single mothers and their children a little easier." www.singlerose.com

Women's Health

The American Heart Association (AHA) Recommends NOT following high protein weight loss programs. There are no long-term studies to prove the effectiveness and safety. High protein diets are associated with higher intakes of fat, saturated fat and cholesterol. The diets promote misconceptions about carbohydrates and insulin resistance. People lose weight on these diets because of overall calorie restrictions, not because of the types of foods eaten. The AHA state that people who follow these types of diets are at risk for compromised vitamin and mineral intake, as well as potential renal, bone, and liver abnormalities. The report's abstract is available at:

<http://circ.ahajournals.org/cgi/content/abstract/104/15/1869>

National Nutrition Month

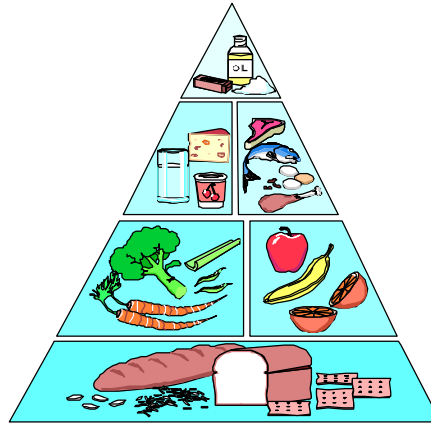
March is National Nutrition Month® — make a move today toward a healthful lifestyle for tomorrow.

Americans of all ages benefit from making healthful eating, physical activity, and lifestyle choices. Taking the first step toward making healthful choices can be easy if you enlist help from friends and family.

Let the Pyramid Guide Your Way:

Trying new foods and new physical activities can jump-start your plans for health.

Personalize the Food Guide Pyramid as your roadmap toward eating a variety of foods, using moderation when selecting portion sizes, and balancing your choices over time.



A Little Bit of Exercise: Only one out of 5 Americans exercises enough to get health benefits. Perhaps it's because finding 20-60 minutes of time 3-5 days per week is too hard in our busy schedules. A number of recent studies show that doing 5-15 minutes of brisk walking several times throughout the day has the same heart and health benefits as the 30 minutes done all at once. Adding up to 200 minutes per week (that's an average of 28 minutes per day) has been shown to be successful for both losing weight and keeping it off.



<http://www2.state.id.us/dhw/ecic/home.htm>

Recipe

Dessert Nachos

1-package flour tortillas

1/3-cup sugar

1 tsp cinnamon

Non-stick spray

2 cups strawberries, diced

2 kiwi, peeled & diced

1 peach, peeled & diced (can use canned, diced)

8 oz package non-fat cream cheese

1/2-cup juice (pineapple, mango or apricot)

1 tbsp. Honey

1 tsp. Vanilla

Combine cinnamon and sugar in a shallow bowl. Brush tortillas lightly with water on both sides. Cut into 8 pieces. Dip one side in cinnamon/sugar - place sugar side up, in a single layer, on cookie sheet sprayed with non-stick spray. Bake at 500° for 5 minutes until crisp and golden brown, one tray at a time.

Combine cream cheese, juice, honey & vanilla. Whisk until smooth.

Combine diced fruit to make a "salsa".

Place 6-8 "chips" on a plate. Top with fruit salsa and a drizzle of the cream cheese sauce. Serve immediately.

Variations & Tips:

Full-fat cream cheese must be heated to make a sauce. Red, green and orange fruits are rich in antioxidant vitamins. Any diced fruit can be used.